Borderline Personality Disorder Treatment Plan

Client Information

Name: John Paul Holland

Date of birth: 04-09-1987

Gender: Male

Phone number: 33-333-33333

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Date of consultation: March 7, 2023

Diagnosis and Symptoms:

Borderline Personality Disorder
Symptoms: Emotional instability, impulsivity, unstable relationships, identity disturbance, chronic feelings of emptiness, suicidal ideation or self-harm

Treatment Goals:

To reduce symptoms of BPD, including unstable moods, impulsivity, and difficulty with relationships.
To develop more effective coping strategies to manage emotional distress.
To improve interpersonal functioning and communication.
To decrease self-harm behaviors and suicidal ideation.

Treatment Objectives:

Attend weekly therapy sessions for a minimum of six months
Learn and practice mindfulness meditation techniques
Attend a Dialectical Behavioral Therapy (DBT) group for additional support
Learn effective coping strategies for managing intense emotions and interpersonal conflicts
Participate in cognitive-behavioral therapy (CBT) to address distorted thinking patterns

Treatment Plan/Intervention:

Psychotherapy: Combination of DBT, CBT, and psychodynamic approaches to address underlying emotional and interpersonal issues
Medication: Selective serotonin reuptake inhibitors (SSRIs) to address depressive symptoms and stabilize mood
Referral to a psychiatrist for ongoing medication management

Progress Notes:

The patient has attended all scheduled therapy sessions and is actively participating in the treatment plan.
The patient reports using mindfulness techniques to manage intense emotions and has shown improvement in emotional regulation.
The patient has reported a decrease in impulsive behaviors and has not engaged in any self-harm behaviors in the past month.
The patient is actively engaging in group therapy and has reported improved interpersonal relationships with family members.

Recommended Medication (Optional):

Fluoxetine (Prozac): 20mg daily to address depressive symptoms
Quetiapine (Seroquel): 50mg at bedtime to stabilize mood

Additional Notes:

Set another session next month. Update progress notes.

JOHN PAUL HOLLAND 03/07/2023

Client's signature and date